

LAMBDA

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PROUDLY SERVING THE LAURENTIAN UNIVERSITY COMMUNITY SINCE 1961



O. O'Brian

T-minus two days until March Madness

Study Hour Formula

To determine how many hours you need to study each week to get A's, use the following rule of thumb. Study two hours per hour in class for an easy class, three hours per hour in class for an average class, and four hours per hour in class for a difficult class. For example, basket weaving 101 is a relatively easy 3 hour course. Usually, a person would not do more than 6 hours of work outside of class per week. Advanced calculus is usually considered a difficult course, so it might be best to study the proposed 12 hours a week. If more hours are needed, take away some hours from easier courses, i.e., basket weaving. Figure out the time that you need to study by using the above formula for each of your classes.

Easy class credit hours
_____ x 2 = _____

Average class credit hours
_____ x 3 = _____

Difficult class credit hours

_____ x 4 = _____

Total

Compare this number to your time left from the survey. Now is the time when many students might find themselves a bit stressed. Just a note to ease your anxieties. It is not only the quantity of study time but also it's quality. This formula is a general guideline. Try it for a week, and make adjustments as needed.

Daily Schedules

There are a variety of time schedules that can fit your personality. These include engagement books, a piece of poster board tacked to a wall, or 3 x 5 cards. Once you decide upon the style, the next step is construction. It is best to allow spaces for each hour, half-hours for a busy schedule. First, put down all of the necessities; classes, work, meals, etc. Now block in your study time (remember the study time formula presented earlier). Schedule it for a time when you are

energized. Also, it's best to review class notes soon after class. Make sure to schedule in study breaks, about 10 minutes each hour. Be realistic on how many courses to take. To succeed in your courses you need to have the time to study. If you find you don't have time to study and you're not socializing to an extreme, you might want to consider lightening your load. Tips for Saving Time Now that you know how you spend most of your time, take a look at it. Think about what your most important things are. Do you have enough time? Chances are that you do not. Below are some tips on how to schedule and budget your time when it seems you just don't have enough.

Don't be a perfectionist

Trying to be a perfect person sets you up for defeat. Nobody can be perfect. Difficult tasks usually result in avoidance and procrastination. You need to set achievable goals, but they should also be challenging. There will always be people both weaker and stronger than you.

Learn to say no

For example, an acquaintance of yours would like you to see a movie with him tonight. You made social plans for tomorrow with your friends and tonight you were going to study and do laundry. You really are not interested. You want to say no, but you hate turning people down. Politely saying no should become a habit. Saying no frees up time for the things that are most important.

Learn to Prioritize

Prioritizing your responsibilities and engagements is very important. Some people do not know how to prioritize and become procrastinators. A "to do list" places items in order of importance. One method is the ABC list. This list is divided into three sections; a, b, or c. The items placed in the A section are those needed to be done that day. The items placed in the B section need completion within the week. The C section items are those things that need to be done within the month. As the B, C items become more pertinent they are

bumped up to the A or B list. Try it or come up with your own method, but do it.

Combine several activities

Another suggestion is to combine several activities into one time spot. While commuting to school, listen to taped notes. This allows up to an hour or two a day of good study review. While showering make a mental list of the things that need to be done. When you watch a sit-com, laugh as you pay your bills. These are just suggestions of what you can do to combine your time, but there are many others, above all be creative, and let it work for you.

Conclusion

After scheduling becomes a habit, then you can adjust it. It's better to be precise at first. It is easier to find something to do with extra time than to find extra time to do something. Most importantly, make it work for you. A time schedule that is not personalized and honest is not a time schedule at all.

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Lambda circulates 2,200 copies throughout the City of Greater Sudbury and the Laurentian University Campus. We thank the following for permitting us to circulate our paper at their establishments.

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Lambda Publications is the bi-weekly student newspaper of, by and for the students of Laurentian University. Lambda is funded through a direct student levy by members of the Students' General Association / Association generale des etudiantes, yet remains autonomous from all university organizations, both student and administrative.

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WRITE TO US

Include your full name and student number. Please keep articles to a maximum of 700 words. Lambda reserves the right to edit for content considered sexist, racist, homophobic, heterosexist, for length, or legal purposes.

Letters of a harassing or slanderous nature will be dealt with by the proper authorities.

ADDITIONALLY...

Lambda is produced in large part with the help of kombucha, pilates class at the Y, and orange post-it notes. Lambda is going on strike if Christian doesn't win Project Runway. Roll-up-the-Rim is simultaneously the best and worst idea in the history of the universe.

Reading week: Bah Humbug.

Essays completed: 3 / Episodes of Futurama watched: 435



Alex Taylor
Editor-in-Chief

Ontario's newest holiday has come and go and I was lucky enough to spend mine at the Vaughn Mills mall with three close friends and four million not so close friends. I had somehow tricked myself into believing that most people would stay home, thinking that stores were closed. I, unfortunately, was wrong. I don't really like malls on normal days, and I can assure you that I dislike them even more when I'm dodging bumper to bumper stroller traffic.

It was a good workout, at least, since the closest parking spot we could find was 4 and a half kilometres away. Super.

So we have five weeks left until exams. Five weeks to catch up on all our late assignments,

five weeks to write a dozen more, five weeks of panic attacks and crying fits and all nighters. It's possible that there are people out there with good time management skills, I swear there must be. I haven't met them yet, but they must exist somewhere.

Stress management is a touchy subject - touchy because people usually punch you whenever you ask how their assignments are going. Our lovely science and tech editor is in Chicago right now, living the high life. It's probably for the best because at this point in the week I've resorted to throwing textbooks across the room and whatnot, so being on vacation has probably saved his life.

I think the most important thing to remember at this point is that everything will get done. It seems somewhat impossible to consider at this point, but seriously, it'll get done. It might require mainlining caffeine or bailing on

a few pub nights, but you'll make it.

Other causes of stress: I put off buying gas last week, thinking that it was going to go back down to around a dollar. Now my tank is empty and it's 113 cents a litre. Uhhh, thanks. I'm planning a cross country roadtrip in August, since this is obviously the last year that it's going to be cost effective to drive ANYWHERE.

Someone please buy me an electric car. I'll pay you back in unconditional love.

The only good thing about this time of year is that everyone has spring fever. Now, don't misunderstand me, I'm not excited about promiscuous sex or anything, but I swear, the longer days and brighter skies make everyone flirt a little more, giggle a little louder, stare a little longer.

It's certainly working for my friends. Me, not so much, but whatever, I don't even have time

to have a crush on my professors, nevermind anyone with relationship potential. Ask me again in July when I've lost 40 pounds and am sleeping more than 3 hours a night.

Best of luck with all your assignments, and please check out the paper for the announcements and upcoming events - there's a lot happening next week, including International Women's Week and Freeze for the Fees, among other things.

We're still interviewing for someone to replace me as editor next year, so please feel free to email me this week if you're interested in the position, or learning more about it.

Grey skies are gonna clear up,

Alex



Dr. Stephen Hall appointed new president of MIRARCO

University Press Release
 Laurentian University is pleased to announce the appointment of Dr. Stephen Hall to the position of president and CEO of the Mining Innovation, Rehabilitation and Applied Research Corporation (MIRARCO). He replaces Dr. Peter Kaiser, now founding director of the Centre for Excellence in Mining Innovation (CEMI). In addition to his corporate responsibilities, Dr. Hall will also directly enhance the teaching/research capacity of the university through his appointment with the School of Engineering.

"I have kicked around the mining world and experienced a number of exciting positions during my career, but when the opportunity arose to join a growing organization, fully committed to advancing the mining industry through excellence in research and innovation, it was a simple decision to make," Dr. Stephen Hall said.

"Laurentian University is delighted with the appointment of Dr. Hall. His experience in academia and research and his knowledge of the mining industry are assets that will help MIRARCO further strengthen bridges between the university, researchers and industry, in pursuit of innovation and quality," said Dr. Judith Woodsworth, president of Laurentian University.

Dr. Stephen Hall previously served as head of the School of Science and Engineering at the University of Ballarat in Victoria, Australia, where he was responsible for education and research in geology, metallurgy, food sci-

ence, environmental management and engineering (mining, civil and mechanical). He also oversaw the success of the School's recognized postgraduate program in occupational health and safety. He is a member of the Canadian Institute of Mining and Metallurgy and an academician of the Russian Academy of Mining Sciences.

Dr. Hall holds a PhD from McGill University (Montreal), a master's degree from Australia (Western Australian School of Mines - now Curtin University) and a bachelor's degree in minerals engineering from Birmingham University (United Kingdom).

MIRARCO Board chair Mr. Brian Maynard, vice-president, Mining - Ontario Operations, Vale Inco, was pleased to welcome Dr. Hall to MIRARCO. "Our industry has always seen value in applied mining research. Returns on investment are an important part of research, and so is the creation of new knowledge in highly qualified people to help keep mining a safe, competitive business. Dr. Hall's varied expertise is a valuable asset to MIRARCO, one that we anticipate will yield new and productive linkages within the industry."

MIRARCO tackles real-world challenges, specializing in mining technology, geohazard assessment, virtual reality, and environmental management. MIRARCO's mandate is to foster economic prosperity and community development through innovative applied research, partnerships, and transferring new knowledge to industry.

Woodsworth considers move

From Public Affairs:

Dr. Judith Woodsworth is currently being considered for the position of president and vice-chancellor at Concordia University, Montreal. As part of Concordia's appointment process, she will be presented at a joint open meeting of the Board of Governors and Senate, on Monday, February 25, 2008, at 12 p.m.

The Concordia Board of Governors will announce a final decision following its February 29 board meeting.

Dr. Woodsworth has been president of Laurentian University since July 2002, and was renewed for a second five-year term in July 2007.

A number of students and community members have expressed their disappointment that the announcement about Dr. Woodsworth was made so abruptly. Keep an eye on Lambda in March for more information about Dr. Woodsworth's move to Concordia and what her move will mean for the Laurentian administration and Board of Governors.

Maureen Lacroix to receive Ontario Senior Achievement Award

Laurentian University is pleased to announce that Maureen Lacroix, member of the Board of Governors, will receive an Ontario Senior Achievement Award from the provincial government for her exceptional contributions to the community through her volunteer and professional activities.

The Honourable David C. Onley, Lieutenant Governor

of Ontario and the Honourable Aileen Carroll, Minister Responsible for Seniors, will be presenting the awards to 26 exceptional individuals over the age of 65 at a ceremony on Friday, February 15, 2008 at Queen's Park in Toronto. The Ontario Senior Achievement Award is the province's highest recognition for seniors.

"Maureen has made outstanding contributions to the

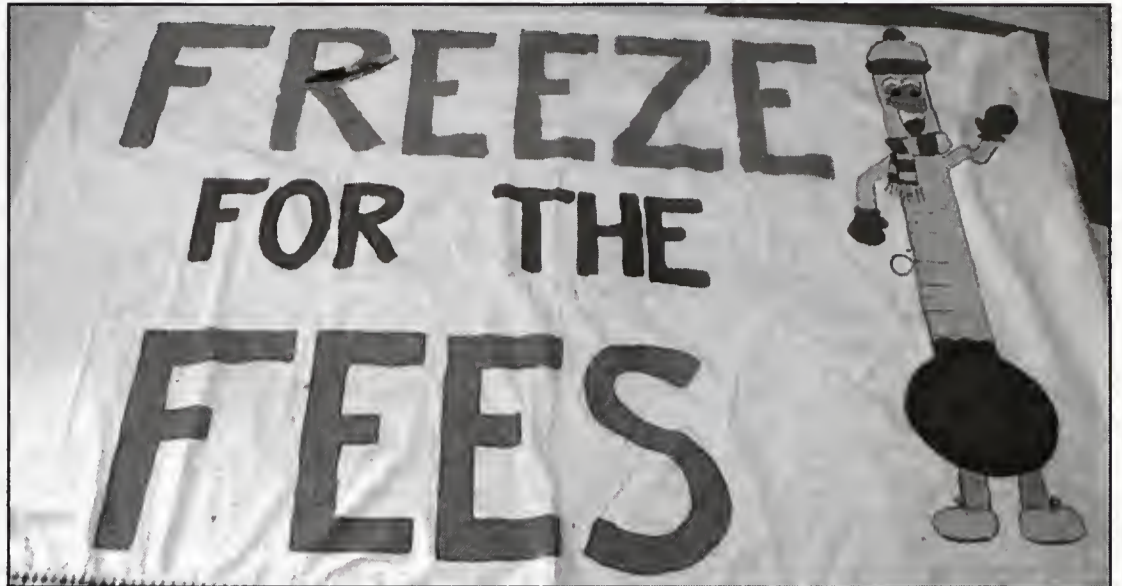
university and given significant time and energy to enhance the quality of life for all members of the Greater Sudbury community," said Dr. Judith Woodsworth, president. "We are very proud and happy to see her being recognized through this prestigious award."

Maureen Lacroix was instrumental in the successful campaign to create the

Northern Ontario School of Medicine. As co-chair of the Heart and Soul Campaign, she helped raise millions of dollars for the Sudbury Regional Hospital. Currently, she is chair of the Northeastern Ontario Regional Cancer Centre Foundation. She has been a member of Laurentian's Board of Governors since 1996. Maureen Lacroix holds a BA in philosophy and religious

studies from Laurentian University, a diploma of nursing administration from the University of Ottawa, and a registered nurses diploma from St. Joseph Hospital's St. Elizabeth School of Nursing. Her experience in the health care spans more than three decades in roles ranging from front-line nursing to administration.

Students protest tuition hikes with Freeze for the Fees



from the organizers
 In December, the Laurentian University Board of Governors raised our fees another 4% (and 8% for Graduate students!), during a time when students were writing exams or home for the holidays. As part of McGuinty's "Reaching Higher" plan and slew of broken promises, students can expect tuition fees to continue to rise every year. This makes post-secondary education (which is quickly becoming a necessity) inaccessible and unaffordable for many people, requiring many students to rely heavily on loans, leading to high debt loads. Come out on March 5th and

6th to protest unfair tuition hikes and lobby Laurentian University and the government to, at the bare minimum, freeze tuition fees where they are.

We are encouraging students to come out and show support by sleeping outside the night of March 5th. Students are also encouraged to come out and enjoy activities, free food, and live music through out the day!

FACES OF STUDENT DEBT

During the days leading up to the event, students will have the opportunity to have their picture taken for the "Faces of

Student Debt" photography project. The pictures will be on display in the Bowling Alley during the Freeze for the Fees.

If you'd like to have your picture taken or learn more about Freezing for the Fees and sign-up for the event, visit us on any one of these days:

Tuesday, February 26th-
 Great Hall (10 AM-2 PM)

Thursday, February 28th-
 Science II Cafeteria (11 AM-1 PM)

Tuesday, March 4th-
 Bowling Alley (10 AM- 2 PM)



Students Marc Durepos and Eric Blondin pose during Freeze for the Fees 2007. Students are sleeping outside again this year to raise awareness about the rising costs of post-secondary education in Ontario.

Kayla Turpin

Activist Dunbar-Ortiz visiting for two public lectures

As part of the Gkendassawin Trail Speakers Series, the Office of Native Student Affairs and Office of Academic Native Affairs are presenting a public lecture on "Indigenous Struggles in the Americas" by Roxanne Dunbar-Ortiz, on Monday March 3, 2008 at 7 p.m., in the Fraser Auditorium of Laurentian University. All are welcome to attend. Admission is free.

The Interdisciplinary Humanities MA in Interpretation and Values presents its fourth public lecture of the 2007-08 Colloquium Series exploring "Memory and the Environment" by Roxanne Dunbar-Ortiz on "Memory and the Environment of Poverty," Tuesday March 4, 2008 at 7:30 in the Senate Chambers on the 11th floor of the Parker Building at Laurentian University.

All are welcome to attend. Admission is free.

Roxanne Dunbar-Ortiz is a leading historian of indigenous struggles in the Americas and lifelong social justice activist. She is currently a professor emerita of Ethnic Studies and Women's Studies at California State University. Dunbar-Ortiz grew up in rural Oklahoma, daughter of a landless farmer and half-Indian mother. She was a key figure in the emergence of the women's liberation movement in the late 1960s and, in 1974, became active in the American Indian Movement (AIM) and the International Indian Treaty Council, beginning a lifelong commitment to international human rights.

Her first published book, *The Great Sioux Nation: An Oral History of the Sioux Nation and its Struggle for Sovereignty*, was published in 1977 and was presented as the fundamental document at the first international conference on Indians of the Americas, held at United Nations' headquarters in Geneva,

Switzerland. That book was followed by two others in subsequent years: *Roots of Resistance: A History of Land Tenure in New Mexico, 1680-1980* (a new edition of which has just been published by University of Oklahoma Press) and *Indians of the Americas: Human Rights and Self-Determination* (Zed, 1984). In the last decade, she has written a trilogy of acclaimed memoirs about her life and political work as it has intersected with major historical moments: *Red Dirt: Growing Up Okie* (Verso, 1997), *Outlaw Woman: A Memoir of the War Years, 1960-1975* (City Lights, 2001), and *Blood on the Border: A Memoir of the Contra War* (South End Press, 2005).

"Roxanne-Dunbar-Ortiz has defined the term engaged intellectual through a life spent on the frontlines of the past four decades of social struggles. She has never abandoned her roots through the process of becoming one of the most respected Left academics in the United States." - James Tracy



Reel Paddling Film Festival returns to Sudbury

2008 trip heads along the Winisk River to Polar Bear Provincial Park

Laurentian University's Outdoor Adventure Leadership Program and Ramakko's Source for Adventure are proud to present the 3rd annual Reel Paddling Film Festival World Tour. It will be held at Laurentian's Fraser Auditorium in Sudbury on Friday, March 28th/2008 at 7pm (doors open at 6pm). This is Sudbury's second year hosting the event and it is being held once again as a fundraiser for Laurentian's Outdoor Adventure Leadership Program. In June, the third year Adventure Leadership students will embark on a two-week journey down the Winisk River, the proceeds from this event are going to help them achieve their goal.

The Reel Paddling Film Festival World Tour is an international event presenting the world's best whitewater, sea kayaking and canoeing action and lifestyle films of the year on screens in 75 cities across Canada, United States, and around the world.

With more than 30 paddling films short listed for the World Tour, including the eight festival category winners, audiences can expect to see hairy whitewater action, sea kayakers explore remote coastlines, monster kayak fishing, bug-infested canoe expeditions, international travel films, environmental documentaries and hilarious short films capturing the lighter side of the paddling life.

On this year's World Tour you can expect to see these great films: *Threshers Yak Style*, where you'll hook into a 125-pound thresher shark from a kayak; *Source to Sea* is expedition kayaker Ram Silwals' story about fulfilling a dream—1,350 kilometres in 19 days from the high mountains of the Himalayas to the Bay of Bengal; the documentary *49 Megawatts* takes a close look at the future of British Columbia's rivers and why the government is fast-tracking hydro projects under the name of "green power";

follow six Serbian Canadians in Canoeing to the Arctic as they descend the Hood River to the Arctic Sound; *Source* is an action-packed, epic global kayak adventure down the world's greatest rivers, including the highest waterfall; *Jon Bowermasters' Birthplace of the Wind* is a sea kayak journey to five volcanic Aleutian islands rising straight out of the sea; and *Lockapalooza Rodeo*, a clever claymation featurette made by 11-year-old Ben Doran. Plus, local hosts can choose to play any of the other 24 films on the World Tour.

The Reel Paddling Film Festival World Tour is produced by Rapid Media and presented in Sudbury by Laurentian's Outdoor Adventure Leadership Program and Ramakko's on March 28th/2007 at 7pm. Tickets are available at Ramakko's, Books and Beans and Laurentian's SGA. For more information please call Ramakko's at (705) 522-8889 or email jv_logan@laurentian.ca

Poli Sci hosts Canadian Security conference

Canadian security into the 21st century: (re) articulations in the post-9/11 world

The department of political science at Laurentian University will present a conference entitled Canadian security into the 21st century: (re) articulations in the post-9/11 world, from March 5 to 7, 2008, in the West Residence conference room (W-132).

Admission is free and all are welcome to attend.

Conference panels

Wednesday, March 5, 2008
- 9 a.m.: Canada in Afghanistan I
- 11 a.m.: Organizing against security
- 2 p.m.: Security and emergency measures in Sudbury

Thursday, March 6, 2008

- 9 a.m.: Theories and practices of security
- 11 a.m.: Gendered security
- 2 p.m.: Canada in Afghanistan II
- 4 p.m.: KEYNOTE
SPEAKER: Dr. Reg Whitaker, distinguished research professor emeritus, York University, and adjunct professor of political science, University of Victoria will pronounce a lecture entitled "The global war on terror: the wrong war for Canada?"

THE DEPARTMENT OF POLITICAL SCIENCE PRESENTS

CANADIAN SECURITY INTO THE 21ST CENTURY: (RE)ARTICULATIONS IN THE POST-9/11 WORLD



MARCH 5-7, 2008

WEST RESIDENCE 132

LAURENTIAN UNIVERSITY



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www.laurentian.ca



Information: Dr. Bruce Charbonneau, political science, 675-1151 ext. 4327, bcharbon@laurentian.ca

Friday, March 7, 2008

- 9 a.m.: Security and development
- 11 a.m.: Geographies of security
- 2 p.m.: Roundtable on security after 9/11

Special guests at the conference include: major-general H.M. Petras, colonel Mike

Capstick, major Brent Beardsley, Sudbury chief of Police Ian Davidson and Fire chief Donald Donaldson, Dr. Bruno Charbonneau, Dr. Wayne Cox, Dr. David Black, Dr. Stephen Brown, Dr. William Crumplin, Siobhan Byrne, Dr. Todd Hataley, Dr. Gary Kinsman, Dr. Alex MacLeod, Scott Neigh, Dr. Mark Neufeld, Dr. Kim Richard Nossal, Dr. Geneviève Parent, Dr. Jonathan Sears, Dr. Claire Turenne Sjolander and Dr. Ben Zyla.

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Bake Sale and Book Sale for Amnesty International

There will be a Bake Sale at the Amnesty International Book Sale. Thursday, March 13, 9 am to 4 p.m.

WUSC (World University Service of Canada) is raising money to buy meal plans for refugee students.

Donations of baked goods are WELCOMED! For more information about the bake sale or

WUSC, contact Johanne Gravelle at jx_gravelle@laurentian.ca or 675-1151 ext. 1044

Donations of books are welcomed too. For more information about donating books contact Brigitte Angster Beckett at amnestysudbury@yahoo.ca or 675-1151 ext. 2328 or Shannon Hengen at shengen@laurentian.ca or 675-1151 ext. 4343.

Rise of the Comics

On Thursday, March 13th join the SGA/AGE and RISE of the Comics to end the school year with a laugh!

This a 19+ event. It will be held in the great hall.

Tickets:
\$5 in advance for SGA/AGE members
\$10 for others
\$10 @ the door

Doors open @ 9pm
Laughs start @ 9:30pm

Your comics for the night will be three of Absolute Comedy's own:

Dave Merheue
Brendan Mckeigan
Nick Beaton
and hosted by **Carrie Gaetz**

Tickets are on sale now in the SGA/AGE office.

If you have any questions feel free to contact us at: 705.675.1151 ext. 1078 or via e-mail vpservices@laurentian.ca



Men Teachers' Curling Assoc. hosts 50th Bonspiel



Mike Barry (vice), Don Johnston (skip), Mike Sipos (lead), Aaron Barry (second)

The 50th Bonspiel of the Nickel Belt Men Teachers' Curling Association was held on February 22 & 23 at the Sudbury Curling Club. Twenty eight teams from Sudbury and other parts of the province took part in this 'milestone' event. The Bonspiel included a good mixture of younger teachers as well as retired teachers who have participated in this annual event for many years. The Bonspiel gives male teachers the opportunity to renew friendships with other curlers each year and to make new friends for years to come. Dick Anderson, a retired teacher from Sudbury, fielded a team in the Senior division. Dick was part of the committee that organized the very first Bonspiel back in February 1958. He was given a standing ovation by all the curlers at the closing banquet on Saturday evening. The Don Johnston rink from Sudbury were the '50th' Bonspiel overall champions.



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Date:
Thursday, March 6, 2008

Bring a mug and receive bottomless coffee for 3\$, and 5\$ without a mug! Also there will be lots of yummy homemade baked goods! See you there!!!!

Time:
8:00pm - 11:55pm

Location:
Huntington Social Centre

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Opening Worlds

Provocative 'Obay' campaign addresses parental influence over the post-secondary education choices of their children

'My son started thinking for himself. OBAY put a stop to that.'

Colleges Ontario 'Teaser' Ad

Students across Ontario can breathe a sigh of relief today with the news that a new product, 'Obay', purported to stop them thinking for themselves, or about their future, isn't for real and won't be appearing in their parents' medicine cabinets anytime soon. A teaser campaign, featuring fictional ads and humorous, provocative messages about parental 'mind control' has been running across province for the past few weeks. They are part of the lead up to today's official launch of a new marketing campaign by Colleges Ontario - the advocacy organization representing the 24 colleges of applied arts and technology - that is targeted primarily to parents, the group identified as having great influence when it comes to post-secondary education.

"Our research shows that there is a lack of factual information and awareness of both the programs available at the college level, and the economic and personal benefits associated with them," says Linda Franklin, President & CEO, Colleges Ontario. "Our goal with 'Obay' is to use a tongue-in-cheek approach to begin to address this awareness issue, starting with parents, the group our research showed has strong influence when it comes to decision-making around post-secondary education. The message is to step back and find out what your children really want, and then look at all the postsecondary options

together." Based on recent research, parents favour university over college as the number one choice for their children by a margin of 3 to 1. The Obay campaign, brought to you by the makers of 'WhyBecauseISaidSo' and 'NotUnderMyRoof', is designed to remind parents that they should explore all the options - in many cases, their children may be more likely to find rewarding and fulfilling careers through college education and training.

Research has also revealed that:

- 98% of parents talk to their children about post-secondary education
- Over 90% of parents talk to other parents about how their children are doing in school
- 44% of parents believe other parents exaggerate their children's academic accomplishments while only 17% will admit to doing that themselves
- Almost 30% of the parents polled said they would be disappointed or embarrassed if their child went to college
- 20% believe a university education is the only real route to a successful career
- Parents are more familiar with specific universities than they are with specific colleges

Further research conducted on behalf of Colleges Ontario shows an overwhelming public perception that college is a lesser alternative to university. Only 33% of high school students actually go on to university after high school yet an overwhelming majority enter high school believing they will go to univer-

sity - primarily to meet their parents' expectations.

In a 2006 survey of senior high school students' perceptions, conducted by Drs. Alan King and Wendy Warren of Queen's University, a majority (59%) of all students reported that their parents expected them to attend university.

One-fifth of students who identified themselves as planning on college said that their parents expected them to go to university.

Beginning today, the Colleges Ontario advertising will include overlays that feature copy that delivers a clear message to parents, such as: "Your kids should be allowed to make their own decisions, especially when it comes to their post secondary education." Another key message: "Sure you want what's best for your kids, but when it comes to post-secondary education, pushing them to do what you want isn't right" and encourages parents and students to "explore all the options" by visiting the website, ontariocolleges.ca, which showcases the range of programs offered by Ontario's colleges when it comes to post-secondary education

Students discovering their future goals may not be met at university, may find the post-secondary education option right for them at one of the 24 Ontario colleges, and it is important that they involve their parents in the exploration process, helping them understand that a college program that best meets their aspirations will most likely be a better investment in their ongoing education. The Obay campaign is designed to foster such communication between parents and their children so that parents are more receptive to looking at all the options available, and in particular, see the benefits that come when their children are pursuing a program that engages and excites them.

CFS reacts to Obay ad campaign, criticizes ancillary fees

Today, in reaction to the announcement that Colleges Ontario is responsible for the Obay viral advertising campaign, students are calling on Ontario's public colleges to "obay" the law.

All 24 public colleges in the province have continued to charge ancillary fees that are prohibited by the Ministry of Training, Colleges and Universities, even in the wake of a class action lawsuit that was launched to stop the illegal fees. In June 2007, two former students, acting as representative plaintiffs, filed the lawsuit against Ontario's colleges to end the collection of tuition-related ancillary fees and secure \$200 million in compensation for current and former students. "It's ironic that Colleges Ontario has chosen to market itself this way," said Jen Hassum, Chairperson of the Canadian Federation of Students-Ontario.

"If the colleges want to talk about obeying anything, students ask them to explain why they refuse to obey the law."

Ancillary fees are charged in addition to tuition fees.

Legitimate ancillary fees are for certain purposes such as student centres, athletics facilities, extended health and dental insurance, or other services that are supplementary to the basic operations of a college or university. However all of the public colleges in Ontario are charging prohibited, tuition-related ancillary fees for information technology, academic buildings or student support-items that are funded by tuition fees and government capital or operating grants. Internal government documents acquired through requests for access to information show that the college presidents have been reminded many times by the Ministry not to charge these prohibited ancillary fees.

"Even Premier McGuinty, as an opposition critic, correctly called prohibited ancillary fees nothing more than back-door tuition fee increases," said Jen Hassum. "The direct effect of unaffordable tuition and ancillary fees is that they discourage many from pursuing post-secondary education at all."



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SGA Elections coming up in March!

The SGA/AGE is happy to announce the upcoming 2008/2009 General Elections. The nomination period for the positions of *President, VP. Issues, VP. Services, Senator (3), Off Campus Representatives (5), International Students Commissioner, Special Needs Commissioner and Francophone Affairs Commissioner* will be from February 25th at 9 a.m. until March 7th at 3 p.m. All interested students are encouraged to stop by the SGA/AGE office to pick a nomination form.

Speeches will be delivered in the Science II Cafeteria on Monday, March 10th at 4 p.m. and Monday, March 17th at 4 p.m. in the Great Hall.

Elections will take place on Wednesday, March 19th from 9:00 a.m. - 7:00 p.m. and Thursday, March 20th from 9:00 a.m.-7:00 p.m.

For more information regarding SGA/AGE General Elections please contact the SGA/AGE office at 675-6547 or by e-mail at sga@laurentian.ca.

Good luck to all students!

To all students not interested in running in this year's General Elections the SGA/AGE wishes to encourage all students to go vote on election days. Have your voices heard!

Theme for International Women's Week 2008 is Strong Women, Strong world

Kelly Fitzmaurice

International Women's Day provides an opportunity to celebrate the collective power of women - past, present and future from all over the globe. Annually on 8 March, thousands of events are held throughout the world to inspire women and celebrate their achievements. Over time, International Women's Day has grown into a week long series of commemorative events and activities across the country. This year, International Women's Week begins on Sunday, March 2, and culminates in International Women's Day celebrations on Saturday, March 8. Canada's theme for International women's week 2008 is Strong Women, Strong world.

The Laurentian Women centre would like to highlight and celebrate the global strength and wisdom of all women through a series of events held from Monday March 3rd to Saturday March 8th 2008.

Monday March 3rd: To kick things off we will be hosting

an open house in the Laurentian Women's Centre, from 10:00 am to 4:00 pm. This is the perfect opportunity to come check out the centre and the services it has to offer as well as meet some more of the great women on campus. We will be offering plenty of refreshments and refreshing woman positive environment!

Tuesday March 4th: Back by popular demand! We are hosting another body casting event packed with body positive and plaster filled fun. The centre welcomes all women wishing to create a life-sized sculpture of their beautiful bods between 10am and 4pm at the LU Women's Centre.

Wednesday March 5th: Come get your Hiya! on with the Karate club. The LU Women's Centre and Karate Club have joined together to offer the women of Sudbury a self-defence workshop that is sure to get your adrenaline pumping and mind reflecting on the everyday violence women continue to face. This workshop is reserved for

women identified persons.

Thursday March 6th: Paint, craft, even bedazzle your bosoms! The women's centre will be open from 10 am to 4pm for those who wish to color their body casts.

In the evening we will be screening Alanis Obomsawin's film "Waban-Aki: People from where the sun rises" which narrates the stories of the Abenaki community of Odanak. In conjunction with the film the Women's centre is pleased to welcome Angela Recollet from Native Student Services who will present on the gift of knowing, handed down between generations of women within aboriginal culture. This event will take place at 5:30 in C205, and is sure to create awareness and dialogue around different aspects of aboriginal and women's traditions.

Friday March 7th: Breaking Scales: Re-imagining Body Image

Join The Fat Femme Mafia in a two hour interactive workshop that will explore new ways of celebrating our bodies just as they are. We will deconstruct why the media wants us all to look like Paris Hilton, and discuss how to create and maintain body positivity in the face of the all-consuming diet industry. The workshop will also examine myths and stereotypes around health, learning to create our own media, and will also feature a viewing of the short documentary "Rubb My Chubb" (Alexis Mitchell 2007) that was made about The Fat Femme Mafia that has screened in festivals across the world. This workshop is reserved for women identified persons.

Saturday March 8th: International Women's Day. Come celebrate the 97th annual IWD by mixing things up with a gender bender at Zigs. Here's a chance to challenge or redefine your own gender while moving to some hot beats and celebrating a great event!

Walt Wingfield returns to the Sudbury Theatre Centre

How could a devastating fire at the Orange Hall in the town of Larkspur be fuel for comedy?

Dan Needles, author of the Walt Wingfield series of plays, can find humour in just about any situation and have audiences laughing along with him.

Walt Wingfield, Bay Street stockbroker turned farmer, has become one of the most beloved figures in Canadian theatre. Created by Needles and brilliantly performed by veteran stage actor Rod Beattie, the Wingfield plays were originally planned to be a trilogy. This sixth offering in the series, Wingfield's Inferno, bears witness to the success and popularity of these comedies.

In this latest installment, never before seen in Sudbury, Walt decides to do something after Orange Hall in the fictitious village of Larkspur is burned to the ground. However, his attempts to spearhead a rebuilding effort don't go as smoothly as he'd planned - nothing on Bay Street could have prepared him for committee work in Larkspur!

Richard Ouzounian of the Toronto Star calls the episode "pure comic gold", and Network Now describes it as a "brilliantly funny look at humanity" and "entertainment of the highest order."

Rod Beattie, veteran of fifteen seasons with the Stratford

Festival, is one of Canada's most respected and versatile actors. His extensive credits include radio, television, film and live performances across Canada. Beattie has won three best actor awards for his stage performances in the Wingfield plays.

Douglas Beattie, director of the series and brother to Rod Beattie, began his association with playwright Dan Needles as a child on the farm. Together, they have captured the nuances of a small town life through their memorable and eccentric characters.

Stage Managed by Sudbury Theatre Centre's Crystal MacDonell, Wingfield's Inferno is one of the most highly anticipated productions of the season.

The show runs from February 21 to March 09, at 8:00 pm most evenings except Mondays, with Sunday matinees at 2:00. The Pay What You Can Matinee is February 24. Ticket prices range from \$14.75 for students and \$24.75 for seniors to \$29.75 for adults. For information or for reservations call the STC Box Office at 674-8381 ext 21.

Visit the Wingfield official website at www.wingfieldfarm.ca or the Sudbury Theatre Centre website at www.sudburytheatre.on.ca for further information.

Sponsored by Moxam Cassio Wealth Management and The Amazing Persona

Townehouse hosts hometown favourite Allison Lickley

Lambda thanks Paul Loewenberg for putting together all the write-ups on the Townehouse website, and for being awesome in general.

Saturday, March 1st - Allison Lickley - CD Release Party - doors at 7:30pm, show at 8:00pm. Tickets are \$10.00 from the bar. This show will be over around 10:30pm... a second show will happen later for the rock and roll crowd.

Although Allison has lived in faraway cities for school and life... she always keeps a connection to her hometown of Sudbury. The Townehouse Tavern is honoured to present a CD Release party for Allison this year. Her music is regularly played on CBC Radio One, has repeatedly made the top 30 for CHMA Radio, and won her the Mount Allison University ASCAR for Singer-Songwriter of the Year in 2005. Allison grew up in Sudbury, where she spent her childhood playing music and romping around in the great Northern Ontario woods.

She released her independent 9-song debut album, 'Allison Lickley', in 2001. Allison took the next five years to study and play music in the Canadian

Maritimes. Following her studies she moved to Montreal where she released her independent EP, 'Late September', in October 2006. Since then her music has appeared on numerous compilation albums, has been chosen for movie soundtracks, and has been arranged for and performed by a choir. She has opened for such Canadian talents as Ox, Courtney Wing, and Andrea Revel. Allison currently lives in Montreal, Quebec, where she finished her new album, You Might Find Me Here.

Wednesday, March 5th - Marc Charron - 9:00pm - pass the hat

I can sum it all up to friends, luck and hard work over the years. I have spent the better part of the last 16 years traveling somewhere or returning from somewhere. It seems to have flown by. In the early days, I could travel very lightly and easily. Now it seems I need more than my 2 feet and a backpack. I would hitch hike all over the country for one-off gigs and festival appearances. I miss those days, but am so happy to have moved on. Mostly thankful to all people who have offered a meal, couch, bed, shower and just a

place to relax during the long drives across Canada. I once toured Australia in a weird van for a few months with an independent rock band called SEISMIC. Have toured Canada so many times that I am scared to think of the number. Currently play in LURE (5 piece eclectic rock) and The Cheap Seats (4 piece rock). Also spend most of my time doing a killer one man band cover show or original show - depends on the club. I sell CD's from the stage, and make all my own decisions on venues, tours, bookings, radio spots and publicity. I work as much or as little as I want to. I have been approached by labels and booking agencies but continue on in a very independent way. Long live the independent musician (though some help is very much in the future)

Most days, I can be found drinking fair trade organic coffee and checking out concert listings, music interviews or weather patterns. In the winter, I enjoy checking out snow accumulations at ski resorts and areas around the world and dreaming of being there on the BIG days. Summertime brings me to music festivals and to the beach for a good daily swim with the usual coffee. I love coffee everyday and in the morning. I long ago

gave up on a "normal job" and "regular work schedule". I don't know if this is a good thing or a bad thing. In the end, we all make choices to how we want to live out our lives, and this is the choice I make and continue to make everyday. I would rather watch a movie than TV on any given day.

My days are not spent playing guitar or writing songs 24/7. I enjoy many other of life's subtleties and look forward to learning something new tomorrow.

Thursday, March 6th - The Mudmen - 9:00pm doors - \$8.00 at the door

Celtic overtones in a fusion of rock and punk? It's not for the timid. The MUDMEN are beyond unique in their hard driving sound onslaught. Centered around ripping bagpipes, the MUDMEN have created one of the most mesmerizing rock performances anywhere. The band's powerfully intense live show has leveled audiences throughout North America over the past six years with its fusion of melody and relentless rock/punk power.

With their debut self-titled CD release (2001 EMI Music Canada) the MUDMEN made

Thorneloe presents The Squaddies' Shrew

Thorneloe Theatre Arts is proud to present a new version of William Shakespeare's THE TAMING OF THE SHREW. In this production, devised, adapted and directed by Dr. Ian MacLennan, the play is performed by six men in an army barracks. THE SQUADDIES' SHREW is a comical look at gender issues and problems as seen through the eyes of young soldiers, using Shakespeare's play as a way of highlighting the age old battle of the sexes.

First performed in Australia in 2006, this is the North American premiere of this play and Thorneloe is very pleased to be able to present it here in Sudbury at the Thorneloe Theatre on the Laurentian University campus. Performance dates are 29 Feb, 1,6,7,8 March at 7:30pm and Sunday, 2 March at 2 p.m. Ticket prices are \$10 adults, \$5 students and seniors. The matinee performance will cost \$2.

For further information, please contact Ralph Small, producer, at 673-1730 x27 or Ian MacLennan, director, at 673-1730 x24

quite an impression on the Canadian music scene. Winning over rockers, punks, metal heads and Celtic warriors from coast-to-coast by unrelenting touring and on the strength of their hit single/video "Saturday". Following tracks from the album such as "5 O'clock" and "In My Head" soon solidified the band's reputation both on air and on stage.

More recently you have been hearing The Mudmen's song 'Lost' on the NBC television show, The Black Donnellys. The Mudmen have played in Sudbury several times before but this is their first appearance at the Townehouse.

Friday, March 7th - Wil, The Labour Of - \$5.00 at the door

Saturday, March 8th - The Gruff, Kent McAllister, The Burning Hell - \$5.00 at the door

Sunday, March 9th - The Divorcees - \$5.00 at the door.

Saturday, March 15th - B.A. Johnston, Brent Randall and his Pinecones - \$5.00 at the door

Out of the Classroom and Into the Boardroom

Jen Bonder

The Young Leaders on Board Program (YLOB) is the perfect internship opportunity for aspiring leaders between the ages of 18 and 29 wanting to volunteer for a not-for-profit organization. As part of the United Way's Leadership Development Services, YLOB began in 2004 and has been training young adults ever since on volunteering at a leadership level. YLOB is a seven month program running from September through March with monthly training sessions as well as placements on boards of directors of local agencies.

The program matches your individual interests with recog-

nized not-for profit agencies and provides a mentor within the agency to help. If you are interested in medicine and wellbeing, perhaps the Canadian Mental Health Association is for you. If you are passionate about children, then maybe you belong at the Children's Aid Society. If you are into law and order, maybe Crime Stoppers is where you belong. Canadian Red Cross, YMCA, Inner City Homes, United Way, L'Arche Sudbury and many others have a seat waiting for you at the conference table. Young Leaders are encouraged to get as involved as they can within their agency. Although as interns you cannot vote on issues, you can become more active by joining committees and participating in agency events.

Participants attend monthly agency board meetings, each of which is uniquely run and organized. All participants also attend monthly training sessions at the United Way. Topics range from sessions on board models to financial reports, community relations, legal issues, policy development and much more. The training sessions are run both by local professionals as well as past Young Leaders. These meetings are also a forum for the Young Leaders to discuss, debrief, and share awkward experiences and funny stories with each other. You can't ask for more than friends, food, and fun!

YLOB is an opportunity that keeps on giving. The new skill set

will be beneficial for future jobs both within and outside the not-for profit sector. It's a unique experience where participants get a first-hand glimpse into how long-term goals and strategies are devised for agencies. There are networking opportunities available to meet some of the most influential and passionate people within the community. The possibilities are endless when the program wraps up in March!

I am just finishing my experience with the YLOB and my internship with the United Way board. The most fascinating part for me has been seeing this new boardroom world that I never really knew existed.

The ideal applicant is cre-

ative, responsible, and enthusiastic about community action. Leaders should also be able to commit to at least 6 hours a month in order to attend both board meetings and training sessions. Participants are also eligible to attend many other United Way training courses and have opportunities with their respective agencies.

For more information about next year's program, visit the United Way/Centraide website at www.unitedwaysudbury.com or email Linda Dupuis, Program Director at programs@unitedwaysudbury.com.

It's Certainly Called 'Reading' Week



Mustafa Abdulhusein

It's that time of year again. (Don't you just simply dislike articles that start like that? I certainly do – but I have come to the conclusion that there is simply no other respectable way to start a column. So I apologize. For reaching that conclusion I mean. Not for starting the column in that manner, for I believe I've already discussed why that must

be.)

Anyways. It's that time of year again. The week after. The week of judgement. The week of midterms, lab assignment, essays, reports and even Lambda articles! The week after reading week.

Let me tell you a little bit about what I did over the past week. Actually, its not even telling you a little bit- it's basically telling you everything!

It can be summed up in two little words: not much. I found myself going ice-fishing over the first weekend. I went in the gen-

eral area of Sultan – a small community north of Capreol. I went on Friday evening, fished on Saturday morning and decided to come back on Saturday afternoon (having caught a gigantic... I mean a massive 4 pound lake trout).

After that? Well...quite a bit let me tell you. I cleaned the car. I washed the garage floor of all the salt and snow that was piling up. I brushed my teeth. Oh, and I watched plenty of movies on my computer. The one thing I should have been doing, according to the name of the break – reading – I was not! And from what my friends tell me, neither did many other people do those little tid bits we have all come to love as 'required reading'. As I stayed up practically all night Friday and Saturday, with the realization of two midterms and an abstract due, I began to ponder the reason why the reading week even exists.

I had heard a while ago that unfortunately, many college students used to commit suicide about halfway through the term. The holiday was meant to act as a 'breather'. I'm convinced that most of my professors either skipped that day or deleted that memo.

Don't get me wrong now either though. I know that what we're here for is to learn, gather knowledge to help us after graduation and to get those special letters after our names. Not to have week long holidays to watch movies and brush our teeth. What I am saying though is that there should be more understanding between students and teachers.

For the most part, students tend to travel over reading week – either to nice tropical getaway like Capreol or else they go home. Traveling nowadays is by itself a big enough stress. Plus studying for a midterm? Fohgettaboutit.

And what's the one thing we students all ask one another the week after?

"How was your reading week?"

I find that to be such a redundant question – we're all in the same boat. Possibly how good could my reading week have been? Even if I was among the lucky few who traveled to exotic locations and partied it up for that entire week, I won't even consider the week that great in retrospective. Why not? Well, I'll be thinking of all the many things that I have due and the many tests I have to write, that's why! In fact, I would go so far as to argue that when we're doing something (other than reading/studying) during the week off, we can't enjoy it!

Even if you're somebody who did do a lot of work during reading week – do you really feel like you accomplished a lot? If you do, I'm happy for you. If you don't, then kudos for trying.

To end this silly little philosophical rant on reading week and the troubles of students that we all already know to well, let me just say that I for one hope to learn from my mistakes. Let us hope (even with experience saying otherwise) that the next reading week will be more productive.



Bachelor of Primary Education Studies

Interested in studying to become an elementary teacher with a leading Australian university... in Ontario?

CSU's Ontario Campus in Burlington is currently in its third successful year of offering this professional one-year program, which prepares university graduates to teach in primary-junior classrooms in Ontario. This degree is accredited by the Ontario College of Teachers and approved by the Ministry of Training, Colleges and Universities.

For more information about this program and how to apply for the August 2008 intake visit www.charlessturt.ca

This program is offered under the written consent of the Minister of Training, Colleges and Universities for the period from 24 December 2004 to 24 December 2009. Prospective students are responsible for satisfying themselves that the program and the degree will be appropriate to their needs (e.g. acceptable to potential employers, professional licensing bodies or other educational institutions).



H&R Block Creates Facebook Application

H&R Block Canada, the leading tax preparation company in Canada, today launched its Calculatron tax estimator application on Facebook, one of the world's leading social networking sites.

Facebook users in high school, college or university can download the H&R Block Calculatron application and check out their anticipated tax refund or balance owing amount. Once they have used the Calculatron to calculate their refund, students will have virtual money to spend on themselves and their friends using the Social Life Simulator. Students can go on a Spring Break vacation, invite their friends to movies or

go shopping. If they need to earn cash, they can deliver pizzas, become a circus performer or even a movie extra.

"Our research shows that many students don't file tax returns because they believe they didn't earn enough money or qualify for credits," says Cleo Hamel, Senior Tax Analyst, H&R Block Canada Inc. "In fact, students qualify for a number of credits such as Textbook Tax Credit and the Education Amount. Combined with their tuition fees, it can add up to a tax refund of hundreds of dollars. We are hoping the H&R Block Calculatron encourages more students to file a return and take advantage of the tax credits avail-

able to them."

Facebook student users will be encouraged to download the H&R Block Calculatron application through a notification on their news feed page. The application is designed for students with less than \$29,590 in income for 2007. Once their tax refund is calculated, they can spend their virtual money in the Social Life Simulator.

H&R Block serves more high school, college and university students than any other tax preparer in Canada. H&R Block tax associates are trained to understand all the credits and deductions students are entitled to claim on their tax return.

LAMBDA NEEDS A NEW ASSISTANT EDITOR

Looking for a sweet 10 hours a week job that will lead to a sweet 20 hours a week job next year? Interested in journalism, communications, publishing, editing, or being awesome? You've come to the right place! We're currently hiring a new assistant editor who will be trained this semester to take over for the Editor-in-Chief this May. Power hungry? Motivated to win at life? Apply now!

lambda@laurentian.ca

David M. Blomme

It was a warm, clear evening as the townsfolk made their way to the theater. Edward and Jane had been looking forward to the play for weeks. Moving through the well dressed crowd, they carefully took their seats on the end of the seventh aisle. Edward checked his watch and smiled at Jane.

"Three minutes before the show starts." he said proudly. "And perfect timing I might add!"

"Oh get over yourself." said Jane sternly, "Might I add that it was my peerless skill which got us here in time. If you were in charge..."

"Oh alright, alright. You're always right! This is gonna be a great show!"

"I don't know Eddy, I'm a little worried."

"Why's that?"

"Well we don't have the best seats and I really want to become totally absorbed in this tonight."

"Don't worry Janey, these seats are the best I..."

Before Edward could finish, the house lights went out and a hush fell over the audience. The announcer entered the centre of the stage and explained the rules of the theater. He concluded with a dramatic bow and loud "Enjoy the show!" as he quickly strode off the stage.

The crowd watched as the curtain opened and four actors entered the stage. Edward noted to himself that they were all similar in appearance. They reminded him of his father, a thickset boxer with a sloping forehead and hands the size of mallets. He laughed to himself remembering how apelike his father looked. Jane nudged Edward with her knee, glaring at him as he rolled his eyes and sighed gently.

They were both startled by one of the actors on stage bellowing in a deep voice: "You there, you're the one I'm looking for!"

"Is he pointing at me Janey?" Edward asked.

"Oh don't be dumb, it's clearly part of the show." Jane replied.

"Yeah I'm talking to you! You're a dead man buddy, Come on guys, grab him!"

The actors proceeded to quickly move towards Edward, taunting and laughing as they closed in.

"I love it when they get the audience involved!" exclaimed Edward jubilantly.

"It is definitely exciting." added Jane.

The audience watched as one of the actors grabbed Edward by the collar and struck him in the face. The sound of his fist hitting Edward's jaw echoed throughout the theater. Edward fell to the ground and quickly began to crawl on all fours toward the entrance of the theater.

"Someone please help my husband!!" pleaded Jane in tears, "PLEASE!"

The audience continued to watch with intense interest. No one had ever seen a play like this before. Some of the spectators even hindered Edward's escape with their arms or legs, making it easier for the actors to grab a hold of him. They proceeded to drag the dazed Edward toward the stage as Jane became virtually hysterical in the crowd. To the delight of the audience, Jane produced a pistol from her purse and fired three rounds. The shots rang loudly throughout the theater, as did the yell of one of the actors.

The audience looked at the stage and saw one actor lying motionless on the floor while another rolled around in pain clutching his stomach. The other two actors had fled the stage immediately after the shots and were nowhere to be seen. Jane dropped the gun to the floor and collapsed into her seat, her back heaving with heavy sobs. The audience began to applaud as the announcer scurried out onto the stage waving his hands.

"Ladies and gentlemen, please remain calm! What you have just witnessed is not a part of tonight's perform-

THE PLAY

ance!! The police and paramedics have been called but I implore you, please remain calm and in your seats. No one is to leave as we are all witnesses of this tragic misunderstanding."

Edward had risen immediately after the shot, and had gone over to try and console his wife. The announcer continued in his explanation:

"Ladies and gentlemen! The man who was taken out of the crowd WAS in fact part of the play, and due to the secrecy of this ruse, his wife was not made aware of his role!"

Upon hearing this, Jane looked up and let out a horrifying cry. It was this cry which was the key to unlocking mass hysteria within the crowd, as they all began to speak at once in excited, fearful tones. This continued for some time until the paramedics arrived. They carried the injured actor off immediately with a stretcher, while the other - who had not been as lucky as his colleague - was placed in a black body bag. The authorities had also arrived and were taping off the stage. A few officers questioned some of the spectators, while two more handcuffed Jane and began to lead her out of the theater.

"It wasn't her fault!" yelled Edward "I should have told her... I should have..."

The audience was in awe at what had just happened. Some were sad that the poor woman had been led astray, while others were sickened by the ghastly sight of the blood on the stage, which had found its way toward the first row. An officer walked to the centre of the stage and motioned to the announcer for his microphone. Once in hand, he began to speak to the weary crowd:

"You have all been very cooperative in light of this totally unnecessary occurrence this evening. I would like to thank you for your patience, and I hope you enjoyed the show."

Short Stories



Jessica Seguin

V-Day diners get a sweet treat

Valentines Day at Laurentian is never lonely thanks to the events hosted by the SGA's VP of events. This year the pub hosted Eat Your Heart Out, a dinner-and-show evening of delicious spaghetti and even more delicious acoustic guitars. With performances by Andrew Laviolette, David Cavan Fraser and Mandippal Jandu that included original songs as well as covers, everyone in attendance enjoyed a perfectly sweet Valentine's Day and went home happy! Be sure to check out the following links for performances and upcoming show dates.

Andrew: http://youtube.com/watch?v=_hVw9dqkIQ0

David: <http://www.myspace.com/cavanband>

Mandippal: <http://www.myspace.com/mandippal>



Caitlyn Quail



INCONTRI

Laurentian University Italian Club

25th Anniversary Banquet

Friday, March 14, 2008

Caruso Club Upper Hall

Semi-Formal Dinner & Dance

Cocktails: 6:30 pm

Dinner: 7:30 pm

Tickets available at the S.G.A. office and in Room L739 at Laurentian University and also at the Caruso Club on Haig Street. Tickets are \$30.

For more information please contact lu_italian@laurentian.ca or Phone 675-1151 ext. 4336



Grey Matter



Josh Buck
Science & Tech

Hello to all my readers,

I am writing to you from the overcast skied city of Chicago in a condo on the 21st floor, with a view that overlooks some of the most historical buildings in the city. It is breath taking and free which is a very sweet part of the deal. Our friend who is putting us up is an alumni from my brothers school and fraternity so it has been interesting for sure. There is so much to do and see in this city I am pretty sure you could live here all your life and never see it all. Our friend Roy here has several companies and one that I want to tell you about it is called Pure Plushy and what they are is a stuffed animal and neck pillow manufacturer. The special thing about these stuffed animals is that they are 99% anti bacterial, mold resistant and hypoallergenic. The animals are made out of memory foam and are so soft I wish the world was made out of them. I would be able to nap everywhere. These animals are great for kids who suffer from various ailments. The way that the animals work is that they are treated with silver using cutting edge nanotechnology to infuse the foam with the silver at the microscopic level and it is the silver that destroys the bacteria and its ability reproduce or survive. If you have any siblings or family members who have asthma or other respiratory ailments you know what it is like for these children so this product is pretty great for them. So I encourage

everyone to check out their website at www.pureplushy.com, I myself have been playing with one of the bears contorting and squeezing and watching the memory foam spring back to life hahaha.

Random interjection the clouds have moved in over the city and the tops of the sky scrapers have disappeared again, cue The Jetsons theme song. Speaking of the Jetson's how out to lunch where their creators? Cars that fold up into a brief case, robot maids, flying cars, tube transportation systems, apartments that move elevations etc. But yet mighty fine cartooning.

Also to follow up with my last column I got to see several items that were taken into outer space and to the moon by Apollo 16 astronaut John Young. It was pretty cool to see the items which were from his fraternity and are now placed in their headquarters.

This is all I have for this week. Not a lot going in the tech world, Microsoft blew their chances at having Yahoo which was random and funny. Take that Bill Gates you overly wealthy man who should give some money to me. Ya that is right I know your dirty secrets haha, I wonder if this counts as blackmail? Hopefully not. Hope everyone had a great reading week I know I did and then a second one and do not forget to come to the SGA office and check out the election material there. We need people to run.

Have fun in the land of your minds,

Joshua

On this day in history...

1939 - The word "Dord" is discovered in the Webster's New International Dictionary, Second Edition, prompting an investigation.

1940 - Basketball is televised for the first time (Fordham University vs. the University of Pittsburgh in Madison Square Garden).

1983 - The final episode of M*A*S*H is broadcast in the USA, becoming the most watched television episode in history, with 106-125 million viewers in the U.S.

Did you know?...

That in mathematics, an Apollonian gasket is a fractal generated from three circles, any two of which are tangent to one another?



The Northern Artist Gallery Presents:



Artists on Elgin

PICTURE OUR LAKES 2008 Photography Contest



Photo: Bob Daniec, Mud Lake

To celebrate the more than 300 lakes within the City of Greater Sudbury, The Northern Artist Gallery is hosting the second annual "Picture our Lakes" photography contest. Residents and visitors are encouraged to submit their most beautiful Sudbury lake photos in five categories: Spring, Summer, Fall, Winter, and Youth (18 and under).

New Youth Category!

Participants are encouraged to submit photos of lesser known lakes: Sudbury's 'Hidden Gems'

Submission Deadline:
June 14, 2008

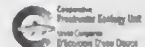
Please send or deliver submissions to:
Artists on Elgin
168 Elgin Street
Sudbury, ON, P3E 3N5
Telephone: 705-674-0415
(*Please read complete contest rules*)
www.artistsonelgin.ca
For more information about Sudbury's beautiful lakes
go to: <http://adoptalake.laurentim.ca>



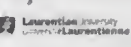
NORTHERN LIFE



VALE INCO



my/sudbury



Start your engines!

Enter the "CGA Ontario One-Hour Accounting Contest" for college and university students on March 19, 2008.
LINE UP ONLINE TO WIN UP TO \$5,000 IN CASH.

The Certified General Accountants of Ontario (CGA Ontario) invites you to enter its online accounting contest. First, sign up at www.cga-ontario.org/contest and obtain a user name and password for the contest. To qualify for the competition, you must complete this task by Tuesday, March 18, 2008. When you login to complete the contest you must choose between two levels of difficulty to test your accounting and financial skills. This step must be done before 3 p.m. on Wednesday, March 19, 2008, (the day of the contest). The competition begins promptly at 4 p.m. (on that same day) and lasts for one hour. Eligibility is restricted to students currently enrolled at an Ontario university or college.

CHOOSE YOUR TIER OF CHALLENGE.

Eligible and registered students choose between two levels of difficulty; both tiers offer cash and scholarship prizes (see below). Remember to choose your level of difficulty carefully, because this decision could earn or cost you the win.

A REWARDING EXPERIENCE.

Tier 1: Basic- and Intermediate-Level Financial Accounting Questions

1st place = \$4,000 cash and a scholarship worth \$5,000 towards the CGA program of professional studies.

2nd place = \$2,000 cash and a scholarship worth \$5,000 towards the CGA program of professional studies.

3rd place = \$1,000 cash and a scholarship worth \$5,000 towards the CGA program of professional studies.

Tier 2: Intermediate- and Advanced-Level Financial Accounting Questions

1st place = \$5,000 cash and a scholarship worth \$5,000 towards the CGA program of professional studies.

2nd place = \$3,000 cash and a scholarship worth \$5,000 towards the CGA program of professional studies.

3rd place = \$1,500 cash and a scholarship worth \$5,000 towards the CGA program of professional studies.

EVEN MORE INCENTIVE TO WIN.

The university or college that boasts first-place in either tier receives a donation of \$5,000 from CGA Ontario awarded to its accounting department.

Additional information about the format of the contest and the rules and regulations is available at www.cga-ontario.org/contest.

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or 1-800-668-1454

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1-800-242-9131

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Frogs from Hell and Lessons from Warcraft

Matt Strickland

Again this week, Quantum Dots distills some of the more interesting science stories that have been reported in the past two weeks.

Beachball-sized frogs

Researchers working in Madagascar have recently discovered the fossilized remains of the largest frog ever to have hopped the Earth. Officially

named *Beelzebufo* by combining "Beelzebub", a name often given to the Devil, and "bufo", the Latin name for toad, this frog out of Hell is thought to have been the size of a small beachball and weighed over 10 lbs. The amphibian is most closely related to today's horned toads, a genus often nicknamed "pacman frogs" because of their giant mouths. The researchers who discovered the *Beelzebufo* believe it may have used sit-and-wait ambush tactics to surprise its prey. What kind of prey? Well the scientists from University College London who found the remains suggest that their frog may even have dined on hatchling or juvenile dinosaurs.

Lasers not doctors

A visit to the doctor is quickly shaping up to be a very different experience. Two weeks ago, some British researchers announced that computers were better at diagnosing Alzheimer's than even the top doctors. Now, a group from Colorado has unveiled a machine which should soon allow us to diagnose diseases with a simple puff into a big breathalyzer. The machine uses what's called an "optical frequency comb" to scan a patient's breath for the signs of a number of potential diseases including diabetes, cancer, and asthma. An optical frequency comb is essentially just a whole bunch of lasers that operate at different frequencies. By shining them at a chamber that a patient has just blown

into, these different laser beams excite different molecules which then emit different colours of light. A computer then interprets the light that comes off of the patient's breath and can quickly discern a number of diseases. In the future, every doctor might carry around a handheld optical comb for quicker, easier, and more accurate diagnoses. The invention also has the unfortunate potential of probably making House, M.D. a heck of a lot less interesting.

Sex breeds, well, more sex

It seems that success begets success for rats on the prowl for sex. Researchers have shown that female rats are more attracted to males who have been sleeping around recently than to those who are starving for a bit of action. A team from McMaster University put two male rats, one of which had recently copulated, behind mesh screens at either end of a large tank. A number of female rats were then allowed to roam around one at a time and explore the space between the two mesh screens. It turns out the female rats were drawn to the end with the sexually active male and, once there, lingered for a much longer period of time. When the experiment was repeated with female rats that didn't have a sense of smell, they showed no preference. Researchers did not comment on whether or not they thought the same phenomenon might exist in humans but, guys, it's probably wise to wait for further research before trying to seduce your crush by sleeping with her three best friends and then getting her to smell your armpits.

World of Warcraft and pandemics

While epidemiology—the branch of medicine dealing with incidence, prevalence, and spread of diseases—rarely turns too many heads and *World of Warcraft*—the massively multiplayer online video game with over 6.5 million users—is generally associated with geeks wishing they were wizards, the two have shown that they intersect in a very cool way. Two years ago, game programmers screwed up when they tried to introduce a new boss into the online world. The unintended result was "Corrupted Blood", a virtual disease that infected characters at an alarming rate and was almost certainly deadly. Some gamers tried avoiding the large cities in the game, others developed immunity, and still others tried to infect as many fellow players as possible before dying themselves. The end result was *World of Warcraft's* equivalent to the Black Death. Over the past year, several researchers have published papers based on the virtual pandemic and have used it as a very real learning experience. By examining the mountains of data about how people coped with the online disease, epidemiologists are hoping to be better prepared the next time some bug starts spreading through the human population. See, video game players aren't wasting their time pretending to wield battleaxes in a make-believe world; they're actually heroes conducting very, very important research...so leave them alone and turn off the damn lights.



Daily ecological literacy needed in Elementary, Secondary curriculums

Andy Williams, Matt Gilbert,
Liz Hambleton

The recognition of climate change and its impacts on our lives has grown in recent years. This can be seen in numerous ways. Be it the success of Al Gore's film *An Inconvenient Truth*, through the increasing sales and demand for hybrid and electric vehicles, via the government's rhetoric on using green energy, or through the ever increasing media spotlight on all things 'green'. This growing media spotlight has allowed many of us the privilege of learning about climate change, how it affects the lives of people from around the world, and most importantly what some people have done to combat climate change. Sadly beyond these articles and the odd television special there is a severe lack of education provided to the Canadian people on how exactly to combat climate change. This is especially true within the formal education system in Ontario where, for many students, the only education given on climate change is through a viewing of Al Gore's film. But climate change is not the only pressing issue currently facing us. We also need to be focusing on air, water, soil, energy, biodiversity and population. Why is there so little attention being given to Ecological Education in Ontario? Who is to blame for this colossal neglect? According to the Ontario Ministry of Education, it is us, the people who are to blame.

"The ministry [of education] is not aware of a compelling public interest or a rousing strong interest or attention in environmental education per se. Although there has certainly been much talk of the environment in general in the media, the ministry is not aware of a special focus on the role of environmental studies in the elementary and secondary school curriculum...the ministry [of education] does not see evidence of a compelling public interest in this issue".¹

Despite ever increasing public demands for environmentally friendly governmental policy, renewable sources of energy, and more environmentally friendly consumer products, the Ministry of Education defends its decision not to include mandatory Ecological Literacy within the school system with the claim that there is not enough public interest in the issue.

In the late 1990's the Ontario school curriculum was drastically altered by Mike Harris' government; grade 13 was eliminated, along with Environmental Science courses long entrenched in the curriculum. Environmental Science bore some of the greatest brunt of the curriculum change. When the McGuinty government took office they vowed to make education a priority and end the years of turbulence in the Ontario education system. Although the turbulence ended, this was done by abiding by a new status quo. This

meant no new Environmental Science courses in the curriculum, and "the absence of a comprehensive framework for environmental education".² With new ecological realities and understanding, and in light of federal action, the province must improve ecological awareness. The best way to do this is to raise awareness in young minds through changes in the education system.

The McGuinty government seemed to comprehend this need for increased ecological awareness when it commissioned the Working Group on Environmental Education in early 2007. The group, chaired by Canadian astronaut Dr. Roberta Bondar, called for many changes in the Ontario curriculum to reflect these new realities. According to the Ministry of the Environment, "schools have a vital role to play in preparing our young people to take their place as informed, engaged, and empowered citizens who will be pivotal in shaping the future of our communities, our province, our country, and our global environment".³ According to the Working Group on Environmental Education the goal of environmental education should be environmental literacy which focuses on students acquiring the "knowledge and perspectives required to understand public issues and place them in a meaningful environmental context."⁴

The Minister of Education,

Kathleen Wynne, seemed to accept the goals of the working group when she agreed to integrate environmental education into all subjects and grade levels and to create an optional grade eleven class focused environmental education. ⁵ There has since been no movement towards implementing these changes within the curriculum. Even if these half measures were put into place, they still fall far short of the education which must be provided to future generations to ensure the survival of our ecological systems which include human beings.

The Ministry of Education has not progressed towards providing the students of Ontario with compulsory, daily, ecological literacy for all students, K-12 (just as is done for language and mathematics), nor is it willing to create a new provincial curriculum guideline specifically for Ecological Literacy, and makes archaic claims that there is a lack of public interest in doing so. It is imperative that the public make their voice heard, to make it impossible for the government to ignore our requests. There are numerous ways to have your voice heard from sending an email or writing a letter to your local MPP, to joining a protest at Queen's Park. There is a standardized petition letter available on the website for the Forum for Ecological Education and Action (<http://www.feea.ca>) which can be printed out and mailed to your local MPP. The letter may also be mailed to Dr. Tom Puk, a profes-

sor of ecological education at Lakehead University whose information is available on the FEEA website. Dr. Puk has petitioned the Ontario government to create a mandatory Ecological Literacy curriculum for the past decade and continues to strive for this goal to date.

Get involved, make your voice heard, and tell the government that there is a compelling public interest in Ecological Literacy, now, before it is too late.

1 Ministry of Education, December 2007, Submission to IPC Office, in Regard to Prescribing the Ministry of Education to the Environmental Bill of Rights.

2 Shaping Our Schools, Shaping Our Future." a report of The Working Group on Environmental Education June 2007.

3 Ontario Ministry of Education, www.edu.gov.on.ca

4 Shaping Our Schools, Shaping Our Future" a report of The Working Group on Environmental Education June 2007

5 News release June 22, 2007, Ministry of Education, "Ontario Putting Environmental Education Back Into The Curriculum", http://ogov.newswire.ca/ontario/GPOE/2007/06/22/c8204.html?match=&lang=_e.html

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Athletes of the Week

Laurentian University Athletics is proud to announce Blair Smith and Stephanie Kuhn of the Aqua Vees as "The Keg Steakhouse and Bar Athlete of the Week" for the week ending February 24th, 2008.

Blair Smith is a third year Sports Education student and hails from Cobourg, Ont. This past weekend, Smith and his Aqua Vees teammates participated at the CIS national Championships in Vancouver, BC. The highlight of the weekend for Smith was his swim in the 50M Breaststroke where he swam a CIS qualifying time and took a full second off of his personal best time in the event. Smith also posted strong results in the 400M Individual Medley finishing 15th.

Stephanie Kuhn, of Timmins, Ont. is a fifth year Physical Education student. This past weekend she completed her final CIS national Championships as she traveled to Vancouver, BC. Wrapping up her final season of eligibility, Kuhn swam four

lifetime best swims to help the Laurentian women's swim team to a 13th place finish over the weekend. She was one of the top point getters for all OUA swimmers, men or women, and narrowly missed the podium on numerous occasions. Kuhn finished seventh in the 100M Butterfly, seventh in the 50M Freestyle, eighth in the 50M Butterfly and 11th in the 100M Freestyle event.

"It was an emotional night for us," said head coach Phil Parker. "To swim four lifetime best swims to close out her varsity career is wonderful. Many other coaches came to congratulate her on her swims as well."

Next up for Kuhn will be the Olympic trials in Montreal from April 1-7. She will be looking to keep training at a high level for the next four weeks.

Stay tuned to www.luvoyageurs.com for up-to-date news, views and scores.

Alex Graham



LADY VEES 13TH, VOYAGEURS 19TH AFTER FINAL DAY OF CIS SWIM CHAMPIONSHIPS

In the final session of the CIS swimming championships Stephanie Kuhn and Blair Smith had strong swims in their respective B-finals. Kuhn finished 11th in the 100-metre freestyle, while Smith finished tied for 12th in the 50-metre breaststroke.

Kuhn (Timmins, Ont.) had a strong showing in the 100-metre freestyle B-final, swimming the third fastest time of 57.67, which was good enough for 11th overall. Her 11th place finish added another six points to the Laurentian women's total.

In the men's 50-metre breaststroke, Smith made a significant move up the standings during the B-final, after qualifying 16th during the morning swim. His evening session time of 30.09 was good enough for a tie for 12th and earned the Laurentian men another four and a half points to their team total.

Competing in timed finals for the 800-metre freestyle event was Kyleigh Commito (Sudbury, Ont.) and Amanda Long (Mount Brydges, Ont.). Commito finished 21st in a time of 9:21.35,

while Long was 25th with a time of 9:25.95.

In the women's 400-metre medley relay, the Lady Vees made substantial gains dropping nearly 10 seconds off their qualifying time of 4:46.03. The four-some of Long, Kuhn, Commito and Cassandra Kawiuk (Oakville, Ont.) swam the events 13th fastest time of 4:38.63, earning another eight points towards their team total.

All CIS swimming championship events have now been completed with the Laurentian women earning a total of 57 points, which was good enough for 13th place, and the men earning seven and a half points, which was good enough for 19th place.

The varsity swim season has now concluded, however, some of the Laurentian men's and women's squads will continue to train hard as they prepare for the Olympic trials in late March.

Greg Hoddinott
Athletic Marketing & Media
Relations Officer

Are Toronto and the CFL ready for the NFL?



footballcanada.com

Maggie Frampton

The Buffalo Bills recently released their 08/09 schedule, which announced that they have reached an agreement allowing them to play a limited number of games in Toronto over the next couple of seasons. The NFL has been looking to expand both north and south to Canada and Mexico by the 2012. The Bills will be playing eight games in Toronto over the next five years, five regular seasons and three exhibitions.

Toronto sports owners are thrilled at the prospect of this new adventure but there are many who have mixed emotions on the matter. Some of the Maple Leaf shareholders are looking to expand their enterprise to the

NFL and now have set their sights on one day owning the first Canadian NFL team. Many Canadian NFL fans are jubilant about the idea of not having to cross the border to watch their favourite NFL teams play.

The Canadian Football League on the other hand could potentially lose a lot out of the deal. The CFL is a much smaller league with a much smaller market. Their players make a fraction of their NFL counterparts' salaries and their fan base, though loyal, is exponentially smaller. In fact, most CFL players need part time jobs to make ends meet. It is hard to see how this small market league could compete with the juggernaut organization that is the NFL. However, despite this, CFL mem-

bers are still extending a warm welcome to the NFL.

Some critics believe that investing in an NFL team would not be fair to Canadian sports markets, specifically Toronto. Many Canadian football fans believe the focus should be on the CFL and the Toronto Argonauts, not on the introduction of another team in Toronto. Another concern is the current venue in Toronto, the Sky Dome seats 55,000 people but the NFL mandates 65 000 seating.

Therefore, here is the million-dollar question. Are Toronto and the CFL ready for the arrival of the National Football League? The answer lies in the not so distant future.



photos contributed

Intramural Indoor Soccer - 1ST PLACE COMPETITIVE: HOOKERS



Intramural Indoor Soccer - 1ST PLACE NON-COMPETITIVE: F.C. Barcelona

Intramural Indoor Soccer

Adam Robbins

Intramural Indoor Soccer has come to an end for another year. Once again the students of Laurentian University have shown why our Intramural program is such a booming success. Participation was through the roof and competition was tough right to the end. In the competitive division The Hookers took a 4-1 win over The Newfies. The top spot in the non-competitive league was secured by F. C. Barcelona with a 2-1 win over

POIL. The convenors of the Intramural event would like to extend their thanks to everyone who had a part in the event; either, playing, officiating, or score keeping. If you enjoyed the many prizes that were handed out feel free to find more where they came from at A&J Home Hardware, Boston Pizza, Dooley's, Shoppers Drug Mart, Gloria's Restaurant and Good Life. Still to come this semester is doubles badminton. Be sure to come on out and enjoy the LU intramural experience!

General Dogsboddy: Bully for You, Bully for Me

You were hoping that bullies disappeared by the end of high school, but I am here to tell you that they graduated too. High school was merely a place for bullies to hone their skills and now - no surprise - they are on campus at the university nearest you.

I am not just talking about faculty and staff - although bullies exist there too. I am talking about students bullying other students, and sometimes students bullying faculty and staff.

Having been on the receiving end of bullying as a child, teenager and adult, I can sniff out a bully better than most Customs detector dogs can sniff out drugs and weapons. What have I ferreted out?

Bullies seem to have at least one thing in common and it isn't gender or attractiveness. It's charm - a charm that is magnetic, has the ability to attract a following of sorts. Charismatic, you might say. But the charm is intermittent, unpredictable. No surprise that in the psychology lab, if you want to get rats and pigeons to work really hard, having intermittent reinforcement is the way to go. Apparently, if you add sporadic, punishment, you can even strengthen desired behaviours - though you also add psychological and health problems for Stuart Little and Margola.

What kind of situations do bullies thrive in? Environments where there is:

- extreme competitiveness
- fear of losing one's job, especially during times of organizational change and uncertainty
- a culture of self-promotion at any cost (including belittling colleagues or stealing their ideas / work,) and
- an authoritarian style of organization

Hmm, sounds like academic student life could be a hotbed for this kind of stuff - but it's not the only place. Trust me.

What do victims of bullying have in common? They are usually friendly and hard-working, and they don't fight back. There may be something that identifies the person as being a little different - but I can tell you that every one of us has something that is a little different.

What does the bullied person experience? What you'd expect:

- insomnia
- anxiety and depression
- increasing health problems related to stress, and
- less effectiveness in their job because so much energy is being put into simply surviving.

What can the victim do? Running away isn't a bad idea, if you can. If you can read this and say, "No! The first thing to do is stand up to the person!", then you have not likely been on the receiving end of relentless bullying. You might be tempted to say - "it will be the same way everywhere" - but that isn't true. Some environments are set up to minimize bullying - or the office bully may already have a victim or two that is serving his or her need to lash out.

The victim can attempt to minimize contact with the bully or bullying group, and to surround his or her self, as best one can, with other people. But the answer to bullying is truly "the other people."

Why don't people in the workplace tell bullies to "@#\$% off!" when they see someone being hurt? It may be that they are so glad it's not them getting harassed. The other side of it is, if the behaviour is not directed at you, it's easy to say, "Oh that's just the way so-and-so is. This person gets that way sometimes - don't take it personally." But if it's a repeating behaviour, then it's not "sometimes" - it's all the time but you're just not sure when.

For bullying to end in a particular situation, the community has to acknowledge this is happening and have a group meeting to both decide what the problem is and what the consequences should be if Attila the Hun/ness doesn't follow the rules of conduct for a particular institution.

At Laurentian University we do have a "Policy on A Respectful Workplace and Learning Environment" and if you are being harassed you can contact the human rights advisor, Lise Dutrisac, at ext. 3422 or at ldutrisac@laurentian.ca at 675-1151, ext 3422. But any law is only obeyed to the degree that it is recognized and enforced. So report already!

Dear reader, if you have made it this far in my article, I am willing to bet your life is being made miserable right now. I expect you have already tried a peaceful resolution that has resulted in your being blown out of the community pond. If you

could run away, you would have. Here are some suggestions that can help:

1. Know that there is nothing wrong with you - you are not a masochist, you are just plain unlucky.

2. Keep your chin up. Be civil and pleasant - for two reasons. One, it unsettles your opponent; two, you don't want to become that person.

3. If the person tries to make you feel bad in public, put on the persona of your favourite actress - Helen Mirren in "The Queen" comes to mind - and tell the bully that you find what they said to be very interesting. Full stop. You don't want to antagonize, but you don't want to be eaten for breakfast either.

4. Document, document, document. Whether or not you ever see justice, it feels good to write out what is happening.

5. Tell someone - but a SAFE someone. NOT a person in the possible peer group of the bully. By talking out loud to a supportive person, you feel better and you may come up with some innovative strategies - just on hearing yourself talk. There are counsellors at student services who would be very happy to support you.

6. If you are feeling physically unsafe on campus, contact security:

Non-urgent, regular hours - 673-6562
Emergency, after hours -



673-2661
On-Campus Emergency -
Ext. 2661

7. If you are feeling unsafe on and off of campus, contact Denise Fraser at the Sudbury Police Service's Crime Prevention Branch: 675-9171 ext. 2103 or Denise.Fraser@police.sudbury.on.ca. She would be pleased to speak with you. In the event of any emergency, call 911.

Perspective on this is helpful. In a group of a dozen or so people, there is likely to be only one key bully and his or her henchfolks - usually just a few of

them. The vast majority of your work and school mates are not out to get you. In fact, they probably really like you and admire your work.

At the time, you may think this is the way it will always be. But it won't. Nothing lasts forever, including Attila the Hun/ness.

Know you are deeply cared for by the people who really matter.

Jan Carrie Steven is a Counsellor at Student Services. You can reach her at #3217 or jc_steven@laurentian.ca

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Dissent of Authority & the Influence of Fear

Travis Morgan

Is it wise to challenge authority? Is it healthy for a society to be in constant strife? Is causing rioting in the streets a good thing?

The answer is yes. Yes, it is a good thing to challenge authority, to challenge society to change. Those who know me may be shocked by my statement. I am actually approving of opposition. However I must point out I am not advocating opposition of the State, but rather of authority. Authority can come in any form, such as the government, society's mores, the church, the teacher, or even the media.

Why is it healthy to challenge? Without challenge, there is no reformation. If we do not challenge, then how can there be change? How can we find the flaws lurking within our society? How do we know that there is an underclass struggling to survive? All those doubters, all those challengers, all those dissenters are actually improving our society in many ways. We become more educated, more open-minded, more tolerant and even more curious.

The strife between the doubters and the believers also benefits society as long as the strife is peaceful. When the believers depend on faith, and are told that they are wrong, then they seek ways to prove they are right. Those ways, even if they're proven wrong, help encourage the imagination. Take for example, Noah's Ark. The doubters say that the world could not flood! The believers say it was done by God! And thus, it is possible! Then the elements of the believers and the doubters set out ways to prove or disprove. The doubters claim there is not enough water on the planet to cover the surface. The believer goes out to prove that it is quite possible to flood the surface without God having to snap His fingers. An idea would be to use nuclear weapons on the poles, melting all the ice rapidly. This, in theory, would cause massive storms all over the planet, creating floods, and rain. The storms would take weeks to abate and likely kill most of the surface life.

Is this proof? Maybe, maybe not, but it sure has given us an idea on how to terra-form the planet, how to melt the ice or create global storms for giggles. *note to self, next time we have a drought, head north to the pole with a nuclear bomb, megaton range, and put it on ice.

We ask; how did Christ raise the dead? This is a pretty tough question to answer... whoo boy. Let's go dive into quantum physics. Some radiation can change matter, heal, restore life. Does this mean Christ glowed in the dark? No offence to those who may be insulted, but I am trying to prove a point. I ask questions of God, of Christ, but I respect the views and beliefs of individuals and other religions. The why is known, now we want to know the how, within our understanding of physics. We may never be able to do things at a snap of the finger, but we can try to come as close as possible to utopia. Would it not be awesome to heal at a touch, to change water into wine, to have snow fall on a hot sunny day in the middle of July?

We need to challenge authority, not abide by it. If we did not challenge the Church, would women be free? Would the sun still revolve around the Earth? Would people still cower in fear of a wrathful and jealous God? Because we challenged the Catholic Church, people are free to say what they want to say without being tied down and burned, or thrown into a lake to see if they float. If they floated, they'd be burned (after

being dried, of course). If they sank, then the jury would say "oops, we were wrong, sorry Sarah, or whatever your name was, may God bless your tormented soul. (Moment of silence). Okay, who's next on the "sink the witch!" list?"

We'd still think the solar system revolved around us, a hundred virgins would have to be offered to the heavens, daily, so that the sun would rise. Good thing that's not still in practice, as a hundred virgins would be hard to find these days.

God isn't feared as much these days as He used to be. Does this mean that another flood is due? No, but because of our challenge of the Church, discussion of the bible was allowed. The power of the Priest was broken. The decisions God made were analysed and the decisions rationalised. Suddenly God became a wise man, a kind being, a force to be reckoned with, to be respected, not feared. Christianity then underwent a reformation that is still ongoing.

Why is it wise to challenge the government? This is a fine line I walk. Some of you who have taken classes with me know I'm a fan of Machiavelli. 'You will respectah

my authoritah!" Machiavelli advocated that the authority avoid the worst. Sure, in power, I would quell riots with force, but then I would want to find out what the problem was. Let's just hope that the police left someone who can explain to me what their problem was. And there lies why it is a good idea to challenge authority. Got a problem? Write, write to your representative in government. They don't listen? Then find a few more people who agree and keep on complaining! Go to the media! This encourages discussions to resolve your problems. Protests are a way to show how many people want change. A riot would show the government how displeased the people are.

Riots are good, as long as you paid your insurance. It's good; the problem is brought front and centre. Money needs to be spent on repairs, lawsuits, media cover, new cars, a new TV stand, committees and implementing their recommendations. Don't like that old, broken down district? Have a riot there! It'll improve the economy as the money would be spent there. We need money! We need a better economy! Protests are good, let's count how it's good. First of all, you need pickets! That means you need wood, you need paper, you

need staples, markers, a flag, a lighter. That's money spent in the community! You're helping the community! Riots help the lumber industry, the nickel industry and the construction industry, of which all depend heavily on our economy.

Lastly, I bring us to the issue of society; censorship and freedom of speech. These two are important in a democracy. Freedom of speech is a valuable pillar of democracy, for without it, democracy cannot survive, nor can the society that depends on it. Let us compare Canada and America in terms of censorship. There are major acts of censorship and fear-riddled information released on American media. As a result, their society lives in fear. In fear of what? A bunch of 'ragheads'? That is the assumption there. They are afraid of discussion, to even discuss why the term 'raghead' is offensive and incorrect. In Canada, although we do have censorship, it is not as extreme as the United States. Discussion is encouraged without fear of spying by the police, and even if the police was spying, we couldn't care less, except to offer the officer a beer. On top of that, censorship is quite annoying. How many of you have found that gory movie you wanted to see, and it's on FOX, so you sit down with a

bunch of friends, a keg of beer and some chips to watch it. When it comes to the innocent victim about to be killed in a bloody, gruesome death, the knife scene is replaced with a scream and then the sight of the body minus about 10 seconds of slashing. Isn't that just annoying? Was that keg wasted? Oh well, change the channel over to TVropolis, also known as channel 46 for those on cable and let's watch a baby beat the living day-lights out of a dog because the dog wouldn't pay up. In America, that show was shut down by the FCC, while, in Canada, it stayed on the air, unedited.

The conservatives argue that if we didn't censor the shows, then society would become corrupt, kids would go on shooting rampages and drug use would be widespread, there'd be looting in the streets! Yeah, that sounds about right.

If you don't change your society, if you don't challenge your limits or your perceptions, then you do not grow and is doomed to fall. Without challenge, there is no change. It is healthy to question. You can question and still be loyal and faithful. If you do not question, how will you find a better solution? So stand up for yourself, voice your opinion and be heard!



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You Have No Idea How Powerful Your Words May Be. Choose Them Carefully...

We've all been there, especially at this time of year as a university student as you are coming to the end of another step in the path to your future after graduation. If you are human, you can't help but experience times when everything seems to be going wrong and you feel as if your life is completely out of control. It is during those "down times" that words of encouragement from family, friends, teachers or even strangers can boost your spirits and change your entire outlook. It is also during those times that destructive words can be devastating and sink you deeper and deeper into depression.

For example, consider the story about a group of frogs that were traveling in the woods when two of them fell into a deep pit. All of the other frogs gathered around the pit. When they saw how deep the pit was, they told the unfortunate frogs they would never get out.

The two frogs ignored the comments and tried to jump out of the pit. The other frogs kept telling them to stop - that they were as good as dead. Finally, one of the frogs took heed to what the other frogs were saying and simply gave up. He fell down and died. The other frog continued to jump as hard as he could.

Once again the crowd of frogs yelled at him to stop the pain and suffering and just die and get it over with. The more they yelled, the harder he jumped and finally made it out to safety.

When he got out, the other frogs asked him why he continued to jump when they were all yelling at him to simply quit and die. The frog explained to them that he was deaf. He thought they were encouraging him the entire time.

While this is may seem on the surface like a humorous silly story, it contains a powerful message for all of us. An encouraging word to someone who is down can lift them up and help them make it through the day. A destructive word can kill them - perhaps not physically as it did in the story, but definitely emotionally, which is sometimes even worse.

Furthermore, it is very difficult to determine just how our words will be interpreted by others. Therefore, it is absolutely critical that you always be careful when saying anything which may have a negative impact on another human being who comes across your path. You may not think you are saying something that will have a serious emotional affect on a person, but you never know what state a person is in at

the time you speak to him/her. You never know what your words will do to a person's spirit, so you should always be encouraging and avoid critical comments that may rob emotional life from someone.

To illustrate this point more vividly, consider another story about a high school student named Mark, who was walking home from school one day when he noticed that a boy ahead of him had tripped and dropped all of the books he was carrying, along with two sweaters, a baseball bat, a glove and a small tape recorder. Mark knelt down and helped the boy pick up the scattered articles. They were walking in the same direction, so he helped the boy carry some of the items.

As they walked, Mark discovered the boy's name was Bill and that he loved video games, baseball and history. Mark also learned Bill was having a lot of trouble with his other subjects and that he had just recently broken up with his girlfriend.

When they arrived at Bill's home, Mark was invited inside for a cold soft drink and to watch a bit of television. The two boys spent a couple of hours with a few laughs and some small talk, then Mark went home.

They continued to see each

other around school the odd time during the next few years and had lunch together once or twice, but that was the extent of their relationship. Finally, three weeks before they were both to graduate from high school, Bill asked Mark if they could talk.

Bill reminded Mark of the day several years ago when they had first met. "Did you ever wonder why I was carrying so many things home that day?" Bill asked. "You see, I cleaned out my locker because I didn't want to leave a mess for anyone else. I had stored away some of my mother's sleeping pills and I was going home to commit suicide. But after we spent some time together talking and laughing, I realized that if I had killed myself, I would have missed that time and so many others that might follow. So you see, Mark, when you picked up those books that day, you did a lot more. You saved my life."

The next time you feel the need to be critical of someone, or to utter destructive or discouraging words, just think about the two frogs in the pit. Destructive words seldom produce positive results. Or think about Bill and what might have happened if Mark would have simply ignored Bill that day on the sidewalk. Every time you have a

chance to say something positive or encouraging to another human being, do so! Don't let those opportunities get away from you. Your words have a tremendous amount of power. Use them wisely. You really never know just how much they can mean to someone else.

And so, as you prepare for the home stretch of the 2007-2008 school year, look for opportunities to give encouragement to your fellow students. If you see someone who looks discouraged or down, stop and talk to that person. Let the person know that there is someone who cares, even if the two of you have never met.

"You have no idea how powerful your words may be. Choose them carefully..."

Robert Kirwan is the host of Inside Education, a live education talk show which is on CKLU 96.7 FM every Monday evening from 6 to 8 p.m. You can find more articles just like this one by visiting his web site at www.thelearningclinic.ca

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1973 vs. 2008

- Scenario: Jack pulls into school parking lot with rifle in gun rack of his truck.
- 1973: Vice Principal comes over, takes a look at Jack's rifle, goes to his truck and gets his to show Jack.
- 2008: School goes into lockdown, FBI called, Jack hauled off to jail and never sees his truck or gun again. Counselors called in for traumatized students and teachers.
- Scenario: Johnny and Mark get into a fist fight after school.
- 1973: Crowd gathers. Mark wins. Johnny and Mark shake hands and end up best friends.
- 2008: Police called, SWAT team arrives, arrests Johnny and Mark. Charge them with assault, both expelled even though Johnny started it.
- Scenario: Jeffrey won't be still in class, disrupts other students.
- 1973: Jeffrey sent to office and given a good paddling by Principal. Sits still in class.
- 2008: Jeffrey given huge doses of Ritalin. Becomes a zombie. School gets extra money from state because Jeffrey has a disability.
- Scenario: Billy breaks a window in his father's car and his Dad gives him a whipping.
- 1973: Billy is more careful next time, grows up normal, goes to college, and becomes a successful businessman.
- 2008: Billy's Dad is arrested for child abuse. Billy removed to foster care and joins a gang. Billy's sister is told by state psychologist that she remembers being abused herself and their Dad goes to prison. Billy's mom has affair with psychologist.
- Scenario: Mark gets a headache and takes some headache medicine to school.
- 1973: Mark shares headache medicine with Principal out on the smoking dock.
- 2008: Police called, Mark expelled from school for drug violations. Car searched for drugs and weapons.
- Scenario: Pedro fails high school English.
- 1973: Pedro goes to summer school, passes English, goes to college.
- 2008: Pedro's cause is taken up by state democratic party. Newspaper articles appear nationally explaining that teaching English as a requirement for graduation is racist. ACLU files class action lawsuit against state school system and Pedro's English teacher. English banned from core curriculum. Pedro given diploma anyway but ends up mowing lawns for a living because he can't speak English.
- Scenario: Johnny takes apart leftover firecrackers from the 4th of July, puts them in a model airplane paint bottle, blows up a red ant bed.
- 1973: Ants die.
- 2008: BATF, Homeland Security, FBI called. Johnny charged with domestic terrorism, FBI investigates parents, siblings removed from home, computers confiscated, Johnny's Dad goes on a terror watch list and is never allowed to fly again.
- Scenario: Johnny falls while running during recess and scrapes his knee. He is found crying by his teacher, Mary. Mary hugs him to comfort him.
- 1973: In a short time Johnny feels better and goes on playing.
- 2008: Mary is accused of being a sexual predator and loses her job. She faces 3 years in State Prison.